



Na Fianna CLG
Meath club of the year 2013

INSIDE NA FIANNA:

April / May 2014



**Welcome to the third edition of the 2014
Na Fianna CLG Newsletter!**

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Many Thanks to our Sponsors!

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For the latest Na Fianna news, see nafianna.ie, Na Fianna CLG on Facebook or @NaFiannaMeath on Twitter.

Na Fianna

'Strictly Come Dancing'

Saturday 3rd May

Johnstown House Hotel

Tickets €25

Support Our Lotto!

The Lotto is our main source of income and is vital to help run the club. There are over 45 teams representing Na Fianna and there are fees to be paid for each team to compete. You can play Lotto Online by following the link on our website., or purchasing a Lotto Ticket from one of our sellers.

Come along to Na Fianna's Strictly Come Dancing Fundraiser!

Venue: Johnstown House Hotel.

Date: Saturday May 3rd

Ticket only event @ €25 to include ticket for a draw on the night.

This was a sell out show last year so it's advisable to purchase tickets well in advance. Tickets can be purchased from dancers and Strictly Come Dancing committee members, Nikki Doherty Kelly 087 7638227, Michelle O'Malley 087 9948658, Brian Coleman 086 1514846.

The couples are:

Katie Queeney and Marty Dixon, Clare Flynn and Mickey Lawlor, Laura McDonnell and Dean Henrick, Noeleen Lynam and Declan Martin, Aisling Keogh and Finnian Curran, Dolores Callanan and Martin Hanley, June McLoughlin and Nicky Duggan, Martina Geraghty and Ollie McEnroe, Lorna McMahan and Graham Whelan, Lorraine McGarry Conway and Kevin Gorry, Siobhán Kirby and Tony Healy, Jennifer Boggan and Ben Caldwell & Ken Forde, Tara Cassidy and Mark Lynam, Caroline Murphy and Joe McGuinness.

Latest Results

Senior FC: - Na Fianna 5-12, Summerhill 2-12

Junior C FC: Na Fianna 1-14, Meath Hill 1-11

Junior D FC: Na Fianna 2-08, Drumbaragh 1-17

Minor FL Div 3: Na Fianna 2-10, Gaeil Colmcille 2-10

U16 FL Div 2: Na Fianna 3-16, Wolfe Tones 3-04

U14 HL: Na Fianna 1-09, Ratoath 3-06.

U14 FL: Na Fianna 4-09, Dunshaghlín 3-07.

Ladies FL Div 1: Na Fianna 0-10, Sechststown 3-14.

Ladies FL Div 1: Na Fianna 5-08, Navan O'Mahony's 1-07.

Meath GAA Kellogg's Cul Camps 2014

Hurling camp hosted by Na Fianna in Baconstown between

July 14th-18th

Football camp hosted by Na Fianna in Enfield between

August 11th-15th

Match Report; Junior C FC

Junior C FC: Gillespie Goal the Difference as Na Fianna Open with Win

Na Fianna: 1-14

Meath Hill: 1-11

Gavin Gillespie's first half goal was crucial as Na Fianna's second team started with a win over Meath Hill in Bothermeen on Sunday. Na Fianna were never behind in the game and were full value for the win.

Daniel Gleeson, Lee Hyland, Anthony Neary, Damien Downey, Gavin Gillespie and Andrew Glynn gave excellent performances.

Team: Sean Coyle, Robert White, Daniel Gleeson, Jamie McCormack, Lee Hyland (0-1), Anthony Neary (0-1), Josh Devine, Micky Collins (0-1), Niall Reilly, Pauric Hogan, Sean Griffin (0-1), James Geagan, Damien Downey (0-3), Gavin Gillespie (1-03), Andrew Glynn (0-3).

Subs: Dylan McDonagh, Sean O'Neill (0-1), Niall Burke, Ben Caldwell (Bloodsub)

Coaching Corner with Jamie Queeney (Coaching Officer)

Performance Profiling

You are only as strong as your weakest link. This simple technique gets you to rate your qualities so you can work on what you've identified as a weak point.

Write down the following headings and give yourself a score out of ten:

Hydration 3/10

Nutrition 4/10

Speed 6/10

Flexibility 2/10

Strength 8/10

Rest 5/10

Skill 6/10

From my own scores we can see that hydration (water intake) and flexibility are the two weakest links. If I develop these for a month and then reassess myself, I will have made a bigger improvement than if I had just worked on my strength as it is already at a high level. This technique works well in conjunction with goal setting.

Bake Sale - A Big Thank You!

Na Fianna C.L.G's bake sale fundraiser that took place on 22nd and 23rd March was a huge success.

Na Fianna C.L.G. gratefully appreciates the contributions of Sinead & Stephen Heffernan of Thunders Bakery, Hannon's of Centra, Enfield, those that supplied items, those that purchased items and those that gave cash donations.

A special thanks also to Fr Michael, Fr Sean and Fr Timothy for allowing Na Fianna C.L.G. use Parish facilities.

Na Fianna Óg ABC Nursery

The Nursery is now up and running each Saturday morning from 10.30am to 11.30am in Enfield. Fun games, Hurling/Camogie and Football can all be enjoyed by children aged 4-7. cost €2 per session. Contact Brian 0868922584 for more information.

All Adult Championship Matches Only €5!

Supporters are reminded that entry to all Meath Club matches in 2014 will be once again a very reasonable €5. Make sure you get out to support Na Fianna in their big Championship games!

Under 8 Boys football(born 2006 or 2007) training every Wed evening 6.30-7.30 in Enfield .Team Mgr-Michael Lawlor(086) 2624461

Under 10 Boys football(born 2004 or 2005) training every Wed evening 6.30-7.30 in Enfield Team mgr Tony Walsh (087) 2360791.

Meet the Meath Hurling and Football Teams!

Come along to Tayto Park, Ashbourne for a meet and greet with the Senior County teams on 9th May 6pm to about 8.30pm.

Na Fianna Youngsters Make Meath U14 & 15 Football Squads

Well done to the Na Fianna boys who have been selected on Meath U14 and U15 Development Squads.

The players are:

U14: Oran Smullen, Kevin Coffey, Keane Flynn, Shane Walsh.

U15: Conor Heffernan, Jack McNally, Sean Martin, Daniel Devine

Well Done Evan Henrick!

Congratulations to Evan Henrick who was on the Meath Minor Football team which defeated Wicklow in the first round of the Leinster Championship on Saturday 19th April. Evan recently made his Senior debut for the club and is a great prospect.

Player Profile: Katie Queeney

1. **Age:** 18
2. **Sport:** Gaelic football
3. **Your Sporting Highlights (Playing or Watching):** Playing in Leinster Ladies Minor Final v Dublin. Lads winning IFC final in 2012.
4. **Favourite food:** Chinese
5. **Biggest messer in Na Fianna dressing room:** Lorraine Boggan
6. **Ideal dinner date:** Mickey Burke
7. **Teammate with worst fashion sense:** Sarah Jayne Farley!
8. **Karaoke Song:** I will survive
9. **Worst moment:** Losing Ladies Leinster Minor Final v Dublin
10. **Sporting hero:** Kevin Reilly
11. **Favourite Sport to Watch:** Gaelic football!
12. **Goals for 2014:** Win Club SFC and U21 Leinster FC.

Third team Fielded in Football Championship!

Na Fianna: 2-08
Drumbaragh: 1-17

Na Fianna fielded a third team in the Championship for the first time in a decade but unfortunately found Drumbaragh too hot to handle in Bohermeen.

A mixture of youth and experience was evident for Na Fianna, with their full forward line providing many many years of experience, while on the bench there was Johny McDonagh and Oliver McEnroe ready to come in! Seamie Donegan and David Killoran rolled back the years in the first half, with Killoran showing off his famous dummy a couple of times. All Ireland Minor and U21 winner from the 1990's, Jason Henrick unfortunately had to retire with an injury early on, but hopefully Jason will make it back for the next game. His replacement Mark Coffey was a real threat, and helped himself to a goal and a point as he caused havoc each time the ball came his way. Donegan also scored a goal and a point in this half and this helped Na Fianna lead by 2-06 to 0-8 at the break.

Na Fianna struggled badly in the second half, as a combination of tired legs and missed goal chances cost them dearly. David Killoran pointed a free on the resumption, but it took a further twenty minutes for them to score their next and final score, a fine Sean Ryan point. Drumbaragh used their greater fitness and know-how to finish very strongly and secure a deserved win.

Best for Na Fianna: Fergal O Connor, Ben Caldwell, Jonathan McCloskey, Graham Whelan, Mark Coffey, Seamie Donegan and David Killoran.

Na Fianna: Michael McGowan, Ben Caldwell, Ronan McMahon, Darren Ryan, Fergal O'Connor, Donal Curran, Sean Ryan (0-1), Philip Geraghty, Jonathan McCloskey (0-1), Evan Mullally, Graham Whelan (0-1), David Killoran (0-3), Seamie Donegan (1-01), Jason Henrick.
Subs used: Mark Coffey (1-01), Jamie McNeill, Glen McDonnell, James Gilna, John Collins.

Player Profile: Daniel Gleeson

1. **Age:** 25
2. **Sport:** Hurling & Football
3. **Your Sporting Highlights (Playing or Watching):** Winning IHC & League, U21 HC, Minor HC.
4. **Favourite food:** Steak (rare)
5. **Biggest messer in Na Fianna dressing room:** David (Fairy Boy) Lyons
6. **Ideal dinner date:** Katie Taylor
7. **Teammate with worst fashion sense:** Eoin (Flipper) Reilly
8. **Karaoke Song:** Amhrán na bhFiann
9. **Worst moment:** Losing IHC Final 2005
10. **Sporting hero:** Tommy Walsh (Kilkenny)
11. **Favourite Sport to Watch:** NFL
12. **Goals for 2014:** Win SHC



Hurling Training in Enfield NS and Baconstown NS

Na Fianna CLG would like to thank Sean Griffin and Fergie Fagan who have been teaching Hurling skills in both Enfield and Baconstown National schools. Their work is much appreciated and we hope that the children enjoyed learning from the lads. Thanks also to Brendan Flynn, Niall Burke and Fergie Fagan who ran an Easter Hurling Camp in Enfield over the holidays. Hopefully we will see these children representing Na Fianna on the Hurling field in the near future!